WVARNG AGR PRE-RETIREMENT BRIEFING

Presented By:
WVARNG HRO-AGR
Transition Point NCO
SSG Anthony Barton

November 2009

Purpose

To provide Soldiers and Family members information on retirement programs, benefits and entitlements.

***Retirement is a process NOT* an event!!**

What Recently Retired Soldiers Said You Should Know About

You were smart to come to today's briefing!

88% would advise other Soldiers to attend a preretirement brief

The majority recommend attending this brief 10 months before retiring

81% of those who <u>did attend</u> said their transition was "organized"

76% of those who **<u>did not attend</u>** said their retirement **<u>negatively affected</u>** their perception of the Army

* 5,402 responses to a Transition Experience Questionnaire sent to 25,000

Army Retirement Services…AR 600-8-7

MISSION

Develops and implements Army Strategy and Policy for ensuring all retiring and Retired Soldiers, their Families and Survivors are properly informed about retirement-related benefits and entitlements in order to enhance their well-being.

PROGRAMS

Army Echoes, the official Army bulletin for the Retired Soldier (available electronically at http://www.armyg1.army.mil/rso/echoes.asp)

CSA Retiree Council

Survivor Benefit Plan (SBP) and Reserve Component SBP

Soldier's Benefit Services (SBS)

Retirement Services Officers

Retirement Services Officers (RSO)

Preretirement Support

Preretirement briefing
Survivor Benefit Plan (SBP)/RCSBP counseling
Retirement literature
Career Status Bonus counseling

Postretirement Support

Retirement Services Office (RSO)
Assistance with pay, ID cards, SBP
Retiree Appreciation Day (RAD)
Newsletters
Installation Retiree Councils

See: http://www.armyg1.army.mil/rso/rso.asp

Army Retirement Services Homepage

http://www.armyg1.army.mil/retire

Army Echoes
Current News
Survivor Benefit Plan (SBP)
Career Status Bonus (CSB) Information
Link to MyArmyBenefits
Benefits & Entitlements Information Papers
Retirement Services Officer (RSO) Listing
Preretirement Counseling Guide & Briefing
Retiree Appreciation Day (RAD) Information
Former Spouses & Forgotten Widows Information

Population Served -- Growing

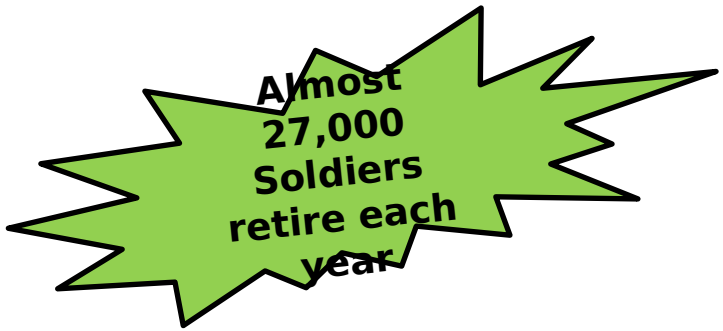
Year	Active Soldiers	Retired Soldiers
1920	204,000	6,000
1950	593,000	42,000
1960	873,000	102,000
1970	1,323,000	282,000
1980	777,000	425,000
1990	732,000	489,000
2000	482,000	526,000

1993

2011 Population Served

Active Army	ARNG	USAR	Retired Soldiers	Surviving Spouses
566,045	362,015	205,896	835,669	213,945*

Over 2 Million Served !!!



*including 147,417 annuitants

Pre-Retirement Briefing Topics

- RSO Program
- Retired Pay & Taxes
- COLA
- Transition Leave & PTDY
- Uniformed Services Former Spouses' Protection Act (USFSPA)
- SGLI/VGLI
- Shipment of HHGs
- Ethics
- Employment
- Space-A Travel
- ID Cards
- Combat-Related Special Comp
- Concurrent Receipt of Retired and Disability Pay
- Retiree Mobilization
- SBP (Separate Brief)
- SBS (Separate Brief)
- Visit websites for complete information on TRICARE.

Applying for Length of Service (LOS) Retirement

- *How*
  - Officer - Chapter 6, AR 600-8-24, dated 6 June 2010
  - Enlisted - Chapter 12, AR 635-200, dated 6 Jun 2005
  - Submit Retirement Request Memorandum through Chain of Command

- *When*
  - Maximum: 12 months before desired retirement date
  - Minimum: All Officers - 9 months before start date of transition leave

    Enlisted – 9 months before retirement date

NOTE: Recommend 12-month lead time for smoother transition

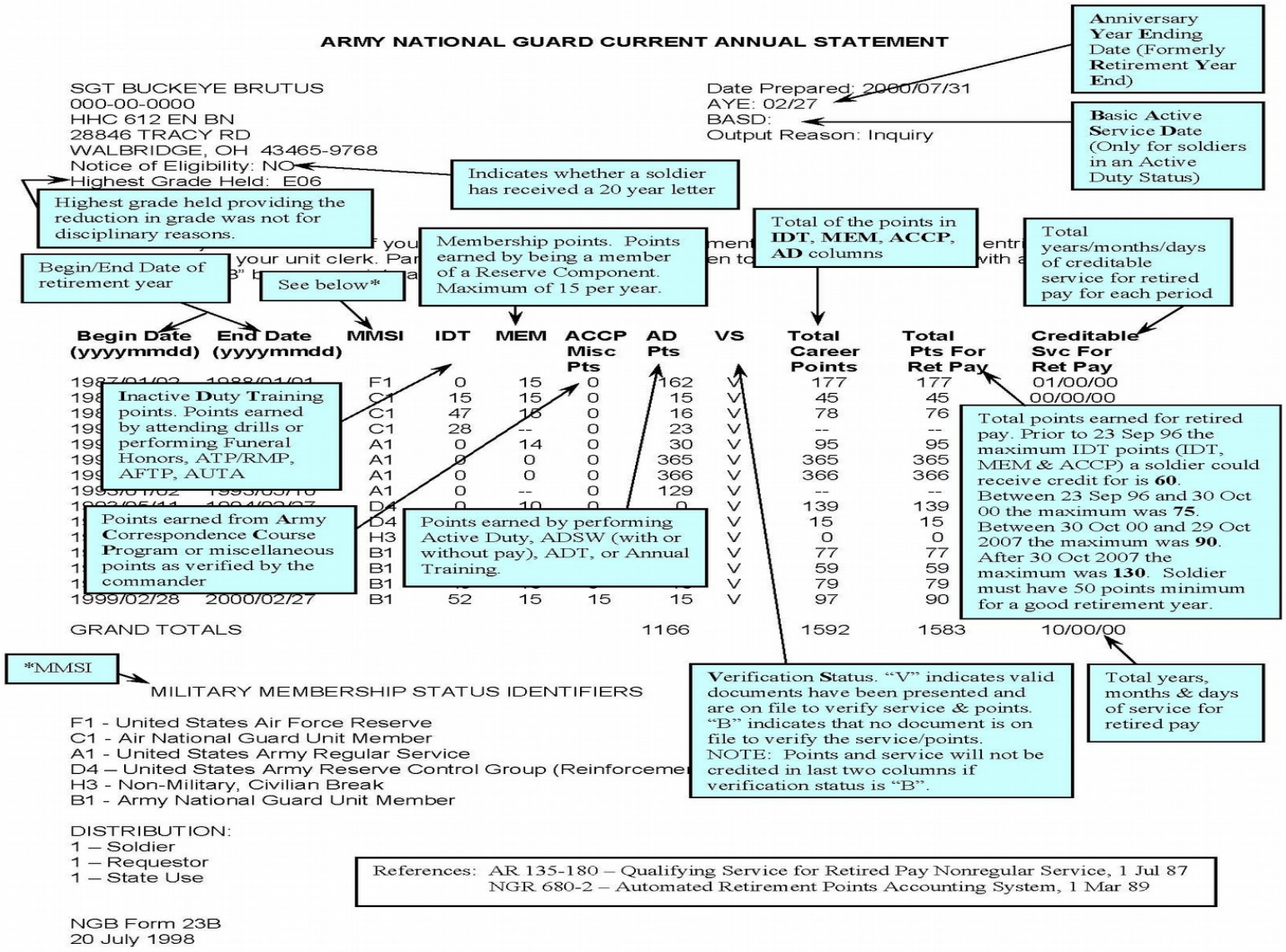
- *Where*
  - HRO-AGR Transition Point NCO
    SSG Anthony Barton
    304-561-6789 or anthony.barton@us.army.mil

RPAM Statements

SFC Adrianne Harper
RPAM NCO

November 2009

How to Read your NGB 23B


ARMY NATIONAL GUARD CURRENT ANNUAL STATEMENT
SGT BUCKEYE BRUTUS
000-00-0000
HHC 612 EN BN
28846 TRACY RD
WALBRIDGE, OH 43465-9768
Notice of Eligibility: NO
Highest Grade Held: E06
Date Prepared: 2000/07/31
AYE: 02/27
BASD:
Output Reason: Inquiry
Anniversary Year Ending Date (Formerly Retirement Year End)
Basic Active Service Date (Only for soldiers in an Active Duty Status)
Indicates whether a soldier has received a 20 year letter
Highest grade held providing the reduction in grade was not for disciplinary reasons.
Begin/End Date of retirement year
See below*
Membership points. Points earned by being a member of a Reserve Component. Maximum of 15 per year.
Total of the points in IDT, MEM, ACCP, AD columns
Total years/months/days of creditable service for retired pay for each period
Begin Date (yyyymmdd)
End Date (yyyymmdd)
MMSI
IDT
MEM
ACCP Misc Pts
AD Pts
VS
Total Career Points
Total Pts For Ret Pay
Creditable Svc For Ret Pay
1999/02/28 2000/02/27 B1 52 15 15 15 V 97 90
GRAND TOTALS 1166 1592 1583 10/00/00
Inactive Duty Training points. Points earned by attending drills or performing Funeral Honors, ATP/RMP, AFTP, AUTA
Points earned from Army Correspondence Course Program or miscellaneous points as verified by the commander
Points earned by performing Active Duty, ADSW (with or without pay), ADT, or Annual Training.
Total points earned for retired pay. Prior to 23 Sep 96 the maximum IDT points (IDT, MEM & ACCP) a soldier could receive credit for is 60. Between 23 Sep 96 and 30 Oct 00 the maximum was 75. Between 30 Oct 00 and 29 Oct 2007 the maximum was 90. After 30 Oct 2007 the maximum was 130. Soldier must have 50 points minimum for a good retirement year.
*MMSI
MILITARY MEMBERSHIP STATUS IDENTIFIERS
F1 - United States Air Force Reserve
C1 - Air National Guard Unit Member
A1 - United States Army Regular Service
D4 – United States Army Reserve Control Group (Reinforcemen
H3 - Non-Military, Civilian Break
B1 - Army National Guard Unit Member
Verification Status. "V" indicates valid documents have been presented and are on file to verify service & points. "B" indicates that no document is on file to verify the service/points. NOTE: Points and service will not be credited in last two columns if verification status is "B".
Total years, months & days of service for retired pay
DISTRIBUTION:
1 – Soldier
1 – Requestor
1 – State Use
References: AR 135-180 – Qualifying Service for Retired Pay Nonregular Service, 1 Jul 87
NGR 680-2 – Automated Retirement Points Accounting System, 1 Mar 89
NGB Form 23B
20 July 1998

For More Information and Assistance With Your NGB 23B Contact

SFC Adrianne Harper
RPAM NCO
304-561-6374
adrianne.harper@wv.ngb.army.mil

How to Request Retirement

www.wv.ngb.army.mil/jobs

Other Retirement Considerations

Retirement date

- 1st day of the month if for length-of-service
- Last day of the prior month will be the effective date on the Retirement Request Memorandum
- any date for disability retirement

Active Duty Service Obligation

School completion, promotion, etc

Reassigned on a PCS

- must wait 1 year to retire (AR 350–100)

Retiring on same day as AD pay raise *(final pay only)*

Calculate Your Retired Pay in 3 Steps

Step 1: Determine your DIEMS date (Date of Initial Entry into Military Service)

Step 2: Determine which pay plan you are eligible for based on your DIEMS date

Step 3: Use the appropriate formula to calculate your retired pay

Note: To validate your DIEMS date go to the following website:

https://www.erec.army.mil/DIEMS/diems_home.htm

Final Basic Pay Plan (DIEMS Pre 8 Sep 80)

RETIRED PAY = (Years of creditable service X 2-1/2%) X Final Basic Pay

Commissioned service requirement
Time-in-grade requirement
Heroism pay
Current basic pay milestones (over-22, over-24, over-26, over-40)
Percentage Multipliers: Can now exceed 100%

Years of service	***20***	***21***	***22***	***23***	***24***	***25***	***26***	***27***	***28***	***29***
30 thru 40										
Final Pay Multiplier %	**50**	**52.5**	**55**	**57.5**	**60**	**62.6**	**65**	**67.5**	**70**	**72.5**
75 up to 100										

Full COLAs

Retired Pay Calculator available at:
http://militarypay.defense.gov/retirement/calc/01_finalpay.html

High-3 Plan

(DIEMS between 8 Sep 80 and 31 Jul 86 and DIEMS on or post – Aug 86)

RETIRED PAY = (Years of creditable service x 2-1/2%) x average of highest 36 months basic pay

Typically an average of the last 3 years
Commissioned service requirement
Time-in-grade not as important
Basic pay milestones not as important
Percentage Multipliers: Can now exceed 100%

Years of service	***20***	***21***	***22***	***23***	***24***	***25***	***26***	***27***	***28***	***29***
High-3 Multiplier %	**50**	**52.5**	**55**	**57.5**	**60**	**62.6**	**65**	**67.5**	**70**	**72.5**

30 thru 40

75 up to 100

Full COLAs

Retired Pay Calculator available at:
http://militarypay.defense.gov/retirement/calc/02_highthree.html

Career Status Bonus (CSB)/REDUX

(DIEMS post – Aug 86 – "Choice") Plan

RETIRED PAY = (Years of creditable service x 2-1/2/%) minus 1% for each year under 30 years x average of highest 36 months of basic pay

2% per yr thru 20 yrs; 3.5% per yr thru 30 yrs; 2.5% thereafter
Percentage Multipliers: Can now exceed 100%

Years of service 30 thru 40	***20***	***21***	***22***	***23***	***24***	***25***	***26***	***27***	***28***	***29***
REDUX Multiplier %	**40**	**43.5**	**47**	**50.5**	**54**	**57.5**	**61**	**64.5**	**68**	**71.5**
High-3/Final Multiplier %	**50**	**52.5**	**55**	**57.5**	**60**	**62.5**	**65**	**67.5**	**70**	**72.5**

75 up to 100

$30K Career Status Bonus (CSB) - 15th year
At 62, pay recomputed under High-3
COLA minus 1%; one-time catch-up COLA at 62; then back to COLA minus 1% thereafter

http://militarypay.defense.gov/retirement/ad/04_redux.html

Cost-of-Living Adjustments (COLA)

All Retirement Plans

- Based on difference between CPI from last year's 3rd Qtr CY to current year's 3rd Qtr CY
- Partial first year COLA

Final Basic Pay or High-3 Plan

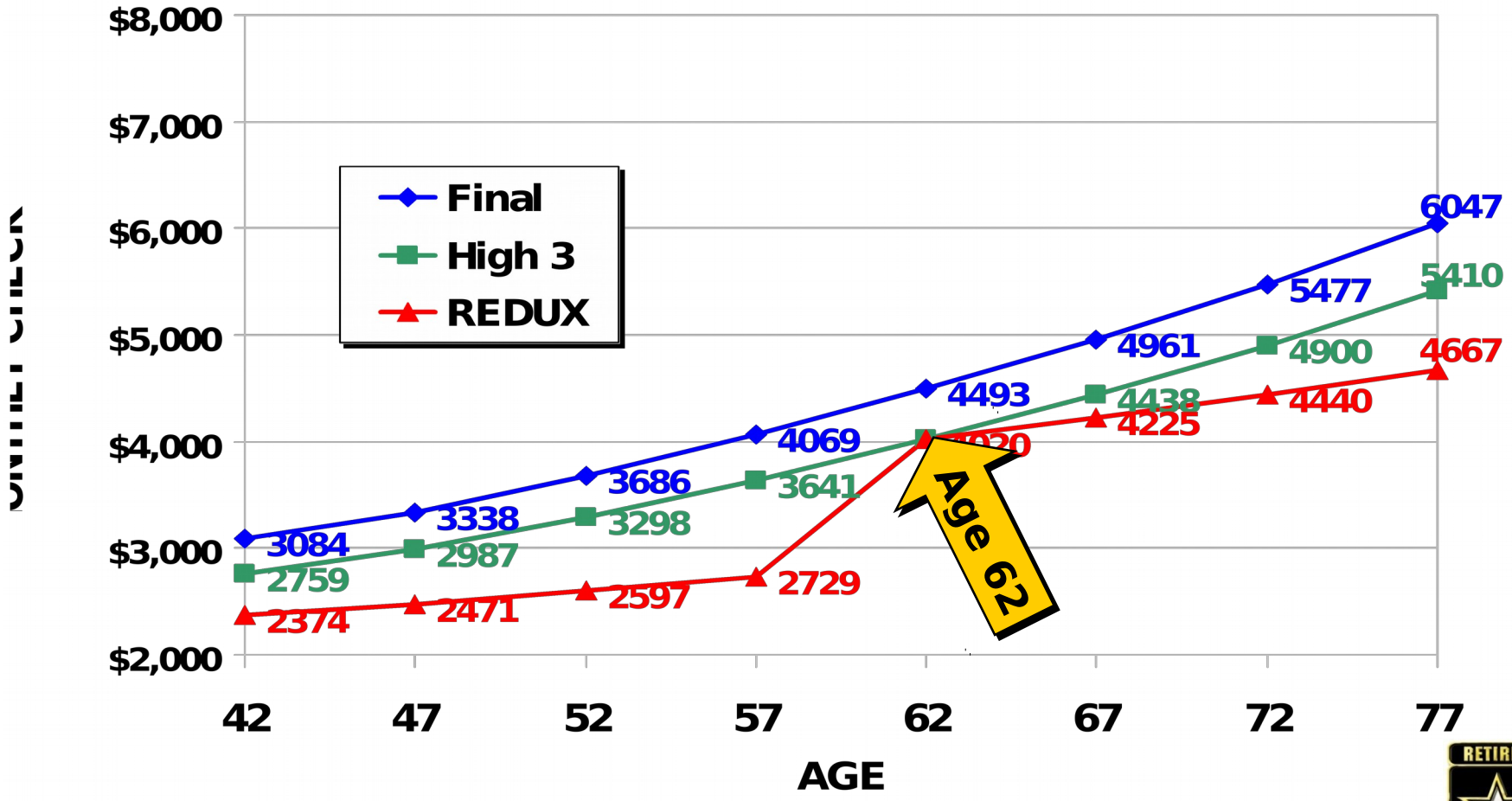
- Full annual COLA

REDUX ($30K CSB) Plan

- Reduced until 62 (COLA minus 1%)
- At 62, one-time catch-up
- COLA minus 1% after 62

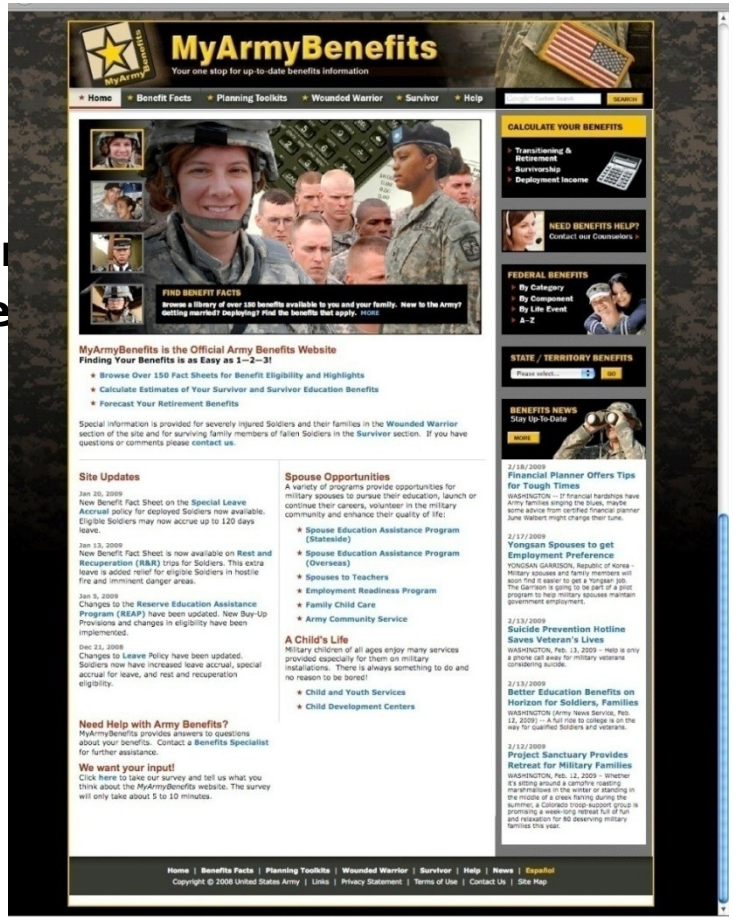
Growth Over The Years

Assumes average +2% COLA



MyArmyBenefits

- **Federal Benefits (Category) Identified by: State/Territory; Resou Locator; Federal Bene by Component:**
  - ✓ Pay
  - ✓ Education
  - ✓ Health Care
  - ✓ Life Insurance
  - ✓ Casualty/Survivor
  - ✓ Transitioning
  - ✓ Retirement
  - ✓ Veterans Affairs
  - ✓ Social Security
  - ✓ Soldier Services
  - ✓ Family Services



- **Federal Benefits (Life Events)**
  - ✓ Joining the Army
  - ✓ Marriage/Family
  - ✓ Preparing to Deploy
  - ✓ Return from Deployment
  - ✓ Military to Civilian
  - ✓ Retiring
  - ✓ Casualty
  - ✓ Recreation
- **Benefits Calculators**
  - ✓ Retirement*
  - ✓ Survivor Benefits*
  - ✓ Deployment
  - ✓ VA Disability AW2 Module*

http://myarmybenefits.us.army.mil/

Targeted for use by Active Duty/ARNG/USAR Soldiers, Family members, Wounded Warriors, and Veterans-requires AKO access/Uses Soldiers' DEERS data

Retired Pay Facts

Retired pay -- paid by DFAS-Cleveland

Payable 1st workday of month (not necessarily the 1st)

Direct deposit strongly encouraged

May use “myPay” to make online changes to pay, reissue 1099Rs, change bank account, etc.

Keep correspondence address current

Retiree Account Statement (RAS) issued only when

there’s a pay change (e.g., COLA, allotment, taxes, etc.)

http://www.dfas.mil/

States With NO State Income Tax

Alaska	New Hampshire	Texas
Florida	South Dakota	Washington
Nevada	Tennessee	Wyoming

States That Do Not Tax Military Retired Pay

Alabama	Massachusetts	New York
Hawaii	Michigan	North Carolina *
Illinois	Mississippi	Pennsylvania *
Kansas	Ohio	Wisconsin
Kentucky *	Oregon *	
Louisiana	New Jersey	

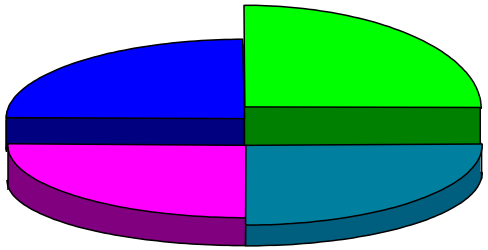
* If certain qualifications are met

Home of Residence is determiner; **not Home of Recc**

Noven

Allotments

In retirement, permitted to have:
- 6 “discretionary”
- 9 “non-discretionary”



For recalled Soldiers at retirement:
- NONE continue from active duty
- ALL must be re-initiated after separation
- WHY? DFAS-CL has no interface with DFAS-IN

Can start/stop/change via myPay @ https://mypay.dfas.mil

CFC and SGLI deductions automatically stop upon retirement

Social Security Tax (FICA) *(7.65%)*

FICA not deducted from retired pay!

When eligible, you will draw:
FULL Social Security *and*
FULL Military retired pay!

Go to http://www.ssa.gov for in-depth Social Security information

Thrift Savings Plan

You stop contributing to TSP at retirement

Your options at retirement:

1--do nothing and draw returns when permitted; or

2--roll into an IRA

May resume active participation if you become a federal civilian employee; military and civilian TSP accounts may be combined.

TSP info: www.tsp.gov

Dividing Retired Pay as Property (*Uniformed Services Former Spouses' Protection Act*)

<u>NOT</u> AUTOMATIC

Up to state courts

Can award any amount

Award not tied to length of marriage

Direct payment requirements:

- Marriage overlapped 10 years with service
- Limited to 50% of disposable pay*

* *up to 65%, if other garnishments*

Take Leave or Sell It?

30 years and 2 months or more active duty

Retire 1 October

USE leave - 1 Aug to 1 Oct

- 60 days basic pay & allowances while remaining on AD
- Salary from employment?

Retire 1 August

SELL leave - 1 Aug to 1 Oct

- 60 days basic pay (cashed-in) – (Lump Sum taxed at 25%)
- 30 days allowances ("on the books" 31 Aug 76), BAH & BAS
- Retired months
- Salary from employment?

Permissive TDY*

Purpose: Facilitate transition to civilian life (e.g. house-hunting, job-hunting)

20 Days:
CONUS-based Soldiers

* At Commander's Discretion

Retirement Physical

Army requires a retirement physical
No more than 4 months, no less than 1 month, before retirement or start of transition leave
Your last record of active duty health
Most sites now provide combined Service and VA retirement physical
Assists with claim for VA service-connected disability

NOTE: If participating in the Benefits Delivery at Discharge (BDD) and separating from active duty within the next 60 to 180 days, BDD can help you receive VA disability benefits sooner. For more information, visit VA web site at http://www.va.gov or Call Toll-Free Disability Benefits/General Information: 1-800-827-1000

Medical Records

Belong to the Government

Make a copy of your records

Make a copy of Family member records

May be hard to obtain after retirement

Veteran's Affairs Information

Mr. Dan Searles
Transition Assistance Advisor

November 2009

Advantages to Applying to VA for Service-Connected Disability

- Even 0% rating *documents* health (*$$* begins at 10%)
- Tax-free VA payments (additional *$$* is paid to you for family members if you're rated *30% or more*)
- *Lifetime* reevaluations and appeals available from VA
- VA ID card expedites future VA care
- Survivor annuity payable <u>if</u> your death is service-connected
- $10K (or $30K) Service Disabled Veterans Insurance (SDVI) policy available to disabled
- <u>At retirement</u>, you have easiest access to your medical records to support your claim (<u>can</u> apply at any time)

VA Compensation for Service-Connected Disability

- <u>VA rates disabilities 0% - 100%</u>
  - Each % has an assigned dollar amount
  - 2011 amounts: from $123 (10%) to $2673 (100%)
  - Unrelated to Military rank since ’93
  - Free VA medical care for service-connected conditions
- <u>Monthly payments</u>
  - Begin at 10% (CAN be 0% disabled)
  - Tax-free
  - 30% & higher = Extra dependent allowance
  - *For retirees <50% disabled,* offsets Military retired pay $ for $

VA Service-Connected Disability Compensation Rates*

% Disabled	Vet Only	Vet + Spouse	Vet + Sp + 1 Child
10	$123		
20	243		
30	376	$421	$453
40	541	601	644
50	770	845	899
60	974	1064	1129
70	1228	1333	1409
80	1427	1547	1634
90	1604	1739	1837
100	2673	2823	2932

*No Change for 2011 As There Was No COLA Increase

Gulf War Veterans

- DOD and VA offer free medical exams:
  - DoD: Comprehensive Clinical Evaluation Program (CCEP)
  - VA: Persian Gulf Registry Program
- Exam results entered into central registry
- Receive free family exams (from VA only)
- Receive newsletter
- Applies to first Gulf War and current OIF/OEF participants

http://www1.va.gov/gulfwar/
http://www.gulflink.osd.mil

SGLI & VGLI

SGLI is FREE for 120 days after retirement (or up to two years if 100% disabled)

No physical required to convert SGLI to VGLI (if done within 120 days after retirement)

VGLI is a 5-yr renewable term policy

Premiums may be paid by allotment, if paid monthly

Discounts are offered for the following pay schedules:

- quarterly (2.5%)
- semi-annually (3.75%)
- annually (5%)

If terminally ill, may receive up to 50% of policy's face value

VGLI Premium Schedule – Monthly Rates (Examples)

Insurance Amount	***Age***						
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75 &over
$400K	$68	$88	$144	$268	$432	$600	$900	$1800
$300K	$51	$66	$180	$201	$324	$450	$675	$1350
$250K	$43	$55	$90	$167	$270	$375	$562	$1125
$200K	$34	$44	$72	$134	$216	$300	$450	$900
$150K	$26	$33	$54	$100	$168	$225*	$337	$675
$100K	$17	$22	$36	$67	$108	$1	$225*	$450

http://www.insurance.va.gov/sglisite/vgli/VGLI%20rates.htm

VA Info Sources

Online:

- http://www.va.gov
- Send e-mail inquiries
- Download forms
- Get benefits information
- Apply for benefits

By Phone:

- Benefits: 1-800-827-1000
- Education: 1-888-GIBILL-1
- VA Life Insurance: 1-800-697-6947
- SGLI/VGLI: 1-800-419-1473
- Gulf War: 1-800-749-8387
- TDD: 1-800-829-4833

In-Person:

- *County VA Director (blue pages of phone book)*

Concurrent Receipt Background

Since 1890, Federal law has forbidden *concurrent receipt* of military retired pay & VA disability compensation

Goal of New Laws

Restore some or all of the pay that is offset to the

most severely disabled

CRSC: Enacted December 2, 2002
CRDP: Enacted January 1, 2004

Combat-Related Special Compensation (CRSC)

- Must **apply** to Human Resources Command
- Pays special compensation to those who are VA-rated 10-100% due to **armed conflict**, **simulated combat** (e.g. field training), **hazardous service** (e.g. parachute duty), or **instrumentalities of war** (e.g. combat vehicles)
- Does **not** cover service-connected disabilities that do not fit one of the four categories above
- Details at: http://www.crsc.army.mil
- **Non-taxable**

Combat-Related Special Compensation (CRSC)

How To Apply

- complete DD Form 2860 http://www.dtic.mil/whs/directives/infomgt/forms/eforms/ dd2860.pdf
- attach supporting documents
- mail to address on form

Army information numbers:

- 1-866-281-3254

Online info available at:

- https://www.hrc.army.mil/site/crsc/index.htm
- http://www.armyg1.army.mil/rso/PreRetirement.asp

Concurrent Retirement & Disability Pay (CRDP)

- **No application**; VA & DFAS match files
- **Retired pay restored** for those VA rated 50 – 100%
- Based on **SERVICE**-connected conditions (not necessarily combat-related)
- 10-year phase-in, 2005 – 2014
- **Taxable**

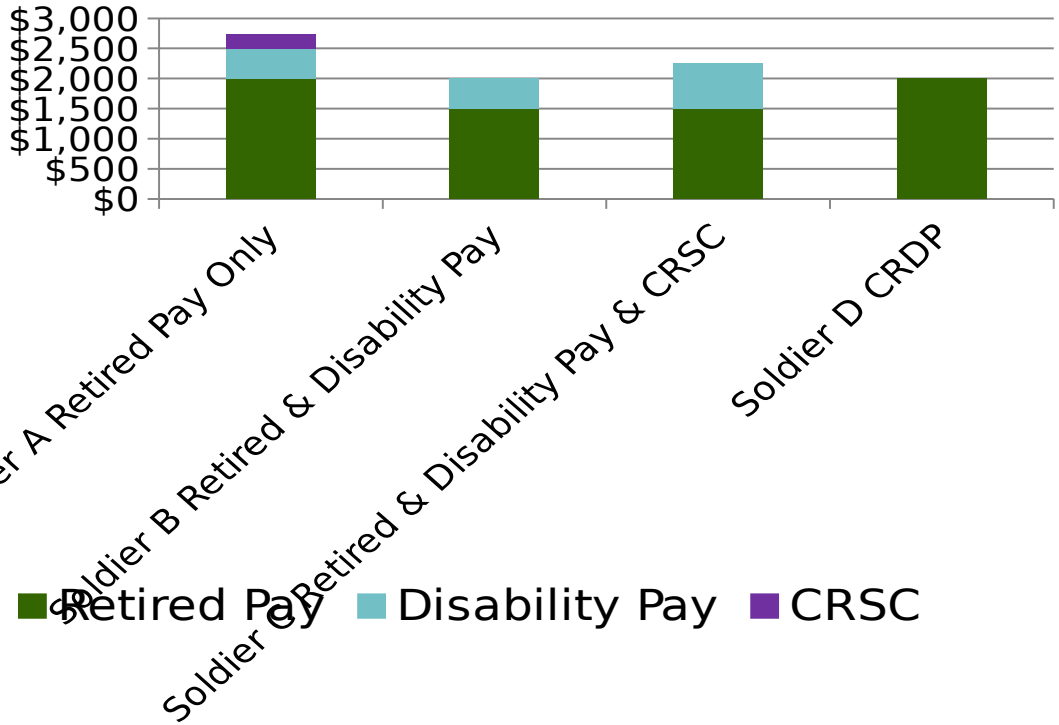
Cannot receive both CRSC and CRDP

Phase in

2011	98.18%
2012	99.64%
2013	99.96%
2014	100.00 %

VA Disability Payments

Retired pay is reduced dollar-for-dollar by VA Disability Pay unless the Soldier qualifies for Concurrent Retirement and Disability Pay (CRDP)



Example Only

NOTE: All Soldiers retired at the same pay grade and years of service

For More VA Information Contact

Mr. Dan Searles
Transition Assistance Advisor
304-561-6824
daniel.searles1@us.army.mil

DD Form 214 (Certificate of Discharge from Active Duty)

Check for accuracy before signing - Your personal responsibility!

Copies:

#1 - yours
#2 - Military's record
#3 - to VA if you apply for VA disability
#4 - request it; only copy that contains reason for discharge; of interest to some employers

File your copies (1 & 4) in a safe place (NOT a courthouse unless they assure you that it will not be accessible by the general public!)

Replace missing DD Form 214 immediately upon loss by going to:

http://www.archives.gov/veterans

At Retirement, You Will Also Receive…

Retirement Certificate

Presidential Certificate of Recognition - if 20 YOS

Presidential Letter of Recognition - if 30 YOS or other special category (e.g., CSA, Medal of Honor Recipient or qualified for or rec'd the POW Medal, etc.)

Retirement Ceremony *(optional)*

Spouse Certificate of Appreciation *(if applicable)*

Army Retiring Soldier Commendation Package

- U.S. Flag
- Army Retired Pin
- Retired Decals
- Other mementoes

Mobilization/Retiree Recall

- By Age
  - Officers and enlisted, up to age 60
  - Warrant officers, up to age 62
  - General officers, on a case-by-case basis

- By Category
  - Cat I – non-disability, retired less than 5 years, under 60
  - Cat II – non-disability, retired more than 5 years, under 60
  - Cat III – all others

Travel & Transportation
(*Contact Your Transportation Office*)

Travel

- Authorized from last duty station to home of selection (includes Family members)
- If home of selection is OCONUS, costs limited to those payable had a CONUS site been selected

Transportation of Household Goods (HHGs)

- From last duty station to home of selection
- May ship stored HHGs
- Non-temporary storage authorized for 1 year
- If retiring OCONUS, POV shipment to CONUS authorized

Time Limit on Travel & Transportation Allowances

- Typically one year
- Exceptions may be requested prior to 1st anniversary of retirement
- Additional Info Source: DoD Travel Reg 4500.9, found at -- *http://www.transcom.mil/j5/pt/dtr.html*

ID Cards

- Same privileges as active duty (with some being Space-A)
- Family members need new ID cards to reflect sponsor's retired status
- Children are eligible up to age 21 or 23 if full-time student; indefinite if incapacitated
- Permanent ID card to Family members at age 75 or who are permanently disabled; under 75 renew every 4 years
- Dependent parents/parents-in-law may qualify
- DoD ID number and DoD benefits number

FIND NEAREST ID CARD ISSUING FACILITY

Former Spouse ID Card

Authorized ONLY if:

- Marriage lasted at least 20 years, *AND*
- Service for retired pay was at least 20 years

If above two conditions are met, overlap requirement is:

OVERLAP	**PRIVILEGE(S)**
20+ years	Full
15 years, but less than 20	Medical care (for 1 yr)
Less than 15 years	None

Note: A former spouse is not eligible for medical benefits if enrolled in employee-sponsored health plan.

Army Career and Alumni Program (ACAP)

You may initiate the ACAP process 24 months before retirement.

You MUST complete the mandatory Pre-Separation Counseling at least 90 days prior to your effective retirement date.

Benefit for retirees – Eligible for ACAP services on a space-available basis - FOREVER!

Consists of:

- Pre-separation counseling
- Job assistance workshops
- Individual counseling
- Job search resources

ACAP Home Page:

http://www.acap.army.mil

Active Army Retirement Timeline

ACAP Services Available Prior to Actual Retirement
24 Months

Contact RSO for Pre-Retirement Briefing; Submit retirement request
12 months

Complete DD Form 2656 (Retired Pay Data/SBP)

Initiate action for New ID Card

4-months

- Initiate Retirement Physical
- Contact Transportation HHG Appt

3-months

- Pre-separation counseling (DD Form 2648)
- tal Care Options Appt w/SJA

2-months

- Complete VA Form 21-526 (Svc Connected Disabilities)
- Complete DD Form 2860 (CRSC)

1-month

- Convert SGLI to VGLI
- Consider signing up for "electronic *Echoes*"- retiree newslette

Employment Restrictions

DAEO = Designated Agency Ethics Official

- Located in Installation JAG Offices
- Source of answers on topics related to post-employment restrictions
- Expert on:
  - Federal Employment
  - Foreign Government Employment
  - Negotiations with Employers
  - “Switching Sides”
  - Rules for Procurement Officials
  - Rules Specific to General Officers
  - Working During Transition Leave
  - Use of Title & Wearing of Uniform after Retirement.

TRICARE Information

Mr. Toney Colagrosso
TRICARE Advisor
(BCAC)

November 2009

TRICARE--An Overview

- When On Active Duty:
  - you are enrolled in TRICARE Prime and pay no fees
  - your family members pay no enrollment fees, but must choose a TRICARE option and apply for enrollment in TRICARE Prime

- When Retired: you and your family have 3 choices for health care --
  - **TRICARE Prime** -- MTFs are principal source of health care
    - ❖ fee is $460 per family or $230 per individual (annually)
  - **TRICARE Extra** -- the "preferred provider" option
    - ❖ no enrollment fee, but deductible and co-payments apply
  - **TRICARE Standard** -- "fee-for-service" option (the old CHAMPUS program)
    - ❖ no enrollment fee, but deductible and co-payments
    - ❖ *nearest Health Benefits Advisor (HBA)*

Detailed TRICARE information available at: http://www.tricare.mi

TRICARE Retiree Dental Plan (TRDP)

(Currently administered by DDP*Delta)

Who Is Eligible:

Retirees (any age!)
Gray area Reserve retirees, not yet age 60
Medal of Honor recipients
Spouses, unremarried surviving spouses, and eligible children
of both groups

Where Available:

U.S., District of Columbia, Puerto Rico, Canada, U.S. Virgin Islands, Guam, American Samoa, the Commonwealth of the Northern Mariana Islands, and Overseas TRDP, effective 1 Oct 08
(cost $36 - $118)

Cost:

Dependent on location; monthly rates $25-$120
Costs borne by participant; no government subsidy

TRICARE Retiree Dental Program

- Maximum annual benefit increased from $1000 to $1200
- Annual deductible still $50/person, but limited to $150/family
- Enrollment commitment shortened to 12 months from 24 months
- Must enroll within 120 days after retirement to skip the 12-month waiting period
- Lifetime orthodontic maximum raised from $1000 to $1200
- Consumer Toolkit® enhancements effective July 6, 2010
- Detailed info available on-line at --

VA Dental Care

No-Cost Dental Care MAY Be Furnished –

1. For service-conditions existing at retireme

   -- On a <u>one-time</u> basis

   -- Must apply <u>within 180 days</u>

   -- <u>Not eligible</u> if necessary treatment was completed by Military within

   180 days of retirement (reflected on DD 214)

2. For service-connected, non-compensable conditions of POWs who were incarcerated <u>less than</u> 90 days

<u>NOTE:</u> Complete treatment is furnished to those who were POWs more than 90 days

Federal Long Term Care Insurance

- Military retirees & Families are eligible
- Now gray-area retirees are too!
- For care not covered by TRICARE…1 in 4 will spend over $100,000 in long term care
- Enroll anytime…no Open Season wait…but you must enroll before you require long term care
- Certain medical conditions or combinations of conditions will prevent some people from being approved for coverage; apply to learn if you qualify
- Check it out…compare policies…be a wise consumer

http://www.LTCFEDS.com

For More TRICARE Information Contact

Mr. Toney Colagrosso
TRICARE Advisor (BCAC)
304-552-2938
toney.colagrosso@us.army.mil

"Space-A" Travel

Retirees may travel within CONUS or OCONUS

May FAX request to site; stay on list 60 days

Instructions on signing up by e-mail

Benefit ends for Family members with death of retiree

http://www.amc.af.mil/amctravel/index.asp

Retired Soldier E-mail Account

Active duty AKO email address follows you into retirement (no change required)

Great way to stay informed on Military-related topics

However, AKO may move retirees and non-CAC holders to a new website in 2011

https://www.us.army.mil

Military Service Organizations

- Consider joining to be heard
- 35-organization group lobbies on behalf of Soldier/retiree/survivors issues
- Percentage of veterans in Congress
  - House: (111th) 22%; (112th) 26%
  - Senate: (111th) 25%; (112th) 21%

Keep up on legislative matters at:
http://thomas.loc.gov

Retired Soldier Motto: *"Retired…Still Serving"*

Opportunities to *Still Serve* include:

- Installation Retiree Councils
- CSA Retiree Council

Recent Council reports available at:

http://www.armyg1.army.mil/rso/RetireeCouncil.asp

Army Echoes

- Official Army publication
- Primary means of communicating with Retired Soldiers/Families
- Mailed to 980K readers using address file at DFAS-CL
- 3 issues per year (Jan, May, Sep)
- Overwhelmingly loved by retirees and spouses – <u>make</u> <u>sure</u>

ECHOES

SEP-DEC 2010

RETIRED

U.S. ARMY

A MESSAGE FROM THE CHIEF OF STAFF

Greetings Retired Soldiers, Surviving Spouses and Families,

This edition of *Army Echoes* coincides with the ninth anniversary of the terrorist attacks of 9/11, as well as our Annual Army Symposium and Veterans Day — three defining occasions for the Soldiers, Families and Civilians of our Army.

Since the attacks of 9/11, our Army has been taking the fight to our Nation's enemies in Afghanistan, Iraq and elsewhere, liberating millions oppressed by tyrannical governments abroad while continuing to ensure the safety and security of American people at home. This year we have drastically reduced our forces in Iraq — now at 50,000 — and shifted our main effort to Afghanistan to ensure we defend, reinvigorate, and defeat Al Qaeda and its extremist allies and to prevent its return and reverse Taliban momentum. To do this, we surged more than 22,000 additional Army troops to Afghanistan. They are on the ground and making a difference in our operations there.

Since 2001, we have significantly grown and drastically transformed our Army to meet the challenges of the 21st-century security environment. And, because our Army has borne the burdens of this war, we continue to focus on doing everything we can to sustain our Soldiers, Families and Civilians — including increasing dwell, improving quality of life and support services on our installations, and building resilience in the Force by institutionalizing the Comprehensive Soldier Fitness Program.

In late October, we will again gather in Washington for our annual Army Symposium where we will discuss our Army's many accomplishments over the past year and where we are going in the future. We will also have forums for our Army Families and Survivors where we will provide information on support programs, answer questions and gather information from you on where we can improve the services we provide. I encourage you to attend the symposium and be an active participant in these forums. Your input is vital to ensuring we provide comprehensive services that are commensurate with the quality of service of our Army Families and Survivors.

This Veterans Day, we celebrate the proud legacy of service and sacrifice by the Soldiers of America's Army — the Strength of the Nation since 1775. This year, we pay homage, in particular, to our Korean War Veterans — those of you who, 60 years ago, fought the first "hot" conflict of the Cold War. Outnumbered, fighting a determined enemy, on unforgiving terrain, in inhospitable weather — our Korean War Veterans pushed the attacking Communist forces back across the 38th Parallel and preserved the integrity of our South Korean ally — contributing to the unmatched legacy of the American Army as a force that stands against tyranny, protects the weak and champions freedom.

Just as with the Soldiers of yesterday, the Soldiers of today are performing magnificently. As I travel around the Army, I continue to be impressed with the quality of our Soldiers, Families and Civilians — they truly are the best in the world and the Strength of our Nation. As we continue to restore balance to an Army stressed and strained by nine years of war, your continued support of each other and the next generation of Army leaders will be vital to our success. I encourage you to reach out to fellow Veterans and to our Army's Surviving Spouses and Wounded Warriors.

Thank you for what each and every one of you continue to do for our Army and our Nation. Army Strong!

Gregory D. Carroll

Gregory D. Carroll, A. Caldwell, United States Army Chief of Staff

STILL PROUD. STILL SERVING. STILL SALUTING.

SEP-DEC 2010

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Army Echoes

- If you have a computer, the Army **NEEDS YOU** to sign up for "*e-Echoes*" at http://www.armyg1.army.mil/rso/echoes.asp

Why?

- Quick, efficient delivery
- Saves money
- At least 30 percent of Retired Soldier and Surviving Spouses do NOT ha computers
- To serve ALL our Retired Soldiers and Surviving Spouses, we need all who can do so to read *Echoes* online

ECHOES

SEP-DEC 2010

RETIRED

U.S.ARMY

A MESSAGE FROM THE CHIEF OF STAFF

Greetings Retired Soldiers, Surviving Spouses and Families,

STILL PROUD. STILL SERVING. STILL SALUTING.

Thank you for your Service!!

Contact SSG Anthony Barton
WVARNG Transition Point NCO
At
304-561-6789 or
anthony.barton@us.army.mil
For Your Retirement Questions!

WVARNG HRO-AGR Point of Contact List

- CPT Scott M. Bossie AGR Manager
  - 304-561-6424 or scott.bossie@wv.ngb.army.mil
- SSG Ryan Cleek AGR NCOIC
  - 304-561-6483 or khristopher.cleek@wv.ngb.army.mil
- SSG Pete Campbell Actions NCO
  - 304-561-6423 or pete.campbell@wv.ngb.army.mil
- SSgt Daniel Reedy Staffing NCO
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